

MEANS EMPLOYED TO DESTROY BEARDS ON WOMEN'S FACES

Mrs. Harriet Hubbard Ayer Describes the Use and Constituents of Depilatories and Gives Formulas With Some Recommendations.

By HARRIET HUBBARD AYER.

IT IS the heartless custom for the spectator to laugh at women with beards, but probably no other feminine blemish has evoked so many bitter tears and caused so much suffering as this disfigurement.

The abnormal growth of hair which appears so frequently on the lips and chin of women of all classes has baffled every scientific attempt at permanent destruction except by electricity—a painful, slow, expensive and more or less unsatisfactory process.

All other methods are as old as time, for depilatories with the very same active ingredients contained in the so-called new discoveries of today were in use for the same purpose thousands of years back by the Persians, the Egyptians and later by the Greeks.

The old-fashioned way of avoiding the use of caustic preparations was to remove the blemish by the aid of a pair of tweezers, and many declare that in the course of time the tweezers will destroy the active growth through the constant irritation produced by jerking the hairs from the skin.

One gentleman has written to me that, desiring to have a smooth face permanently, he has for years plucked his beard from his lips and face, and that while the growth has returned after a certain length of time, the intervals between have lengthened until now he only uses his tweezers once in three or four months, this being

all that is required to keep his face smooth. I have every reason to credit the success of the tweezers in this one particular case, but, generally speaking, the tweezers must be used every three or four weeks.

I am convinced that neither tweezers nor depilatories have very much effect, as is often asserted, in stimulating the growth. The plaster depilatory, which is a very old method of removing superfluous hair, tears the hairs out from the root and creates an irritation which certainly does have an effect on the quality of the hair.

But it is impossible to predict what that effect will be.

In some cases, where the growth is very heavy, after using the plaster depilatory, the hair, when it comes out again, will be in the form of down. In other cases the hair appears to be coarser, less frequent and more stubborn after using the plaster stick. It is claimed that eventually the use of this depilatory will, through the constant energetic treatment, worry the hair follicle to death.

When the tweezers are used to extract superfluous hair only a limited surface of the skin should be treated at a time to avoid the irritation which frequently follows.

The chemical depilatories, which are those usually offered the buyer, almost without exception contain as their active ingredients the caustic earths (lime or baryta) and alkalies or their sulphurates.

These depilatories, if used, should be made into a thin paste with water and

applied in a thin layer to the skin, allowed to remain a few minutes and then scraped off with a blunt instrument—an ivory paper-cutter, for example—when the hair has softened sufficiently to come away without pain.

The electric treatment, if properly performed, is successful. And it is the only sure cure for superfluous hair. The patient, however, must have unbounded patience, as the electric needle, even in the hands of a very skillful operator, frequently fails to strike the center of the hair root, in which case the operation must be repeated over and over until successful.

In giving formulas for depilatories I beg to say that the amateur rarely succeeds in making these compounds successfully. I think it is much wiser, and more economical, to purchase a first-class depilatory. Druggists and hairdressers usually have depilatories for sale.

The plaster stick depilatory is a mixture of pitch and resin, highly adulterated. The stick is heated over a small spirit lamp, and while hot enough to run, but not hot enough to burn the skin, is applied to the hairy surface, where it is left until cold. To remove it the operator raises the edge of the plaster with the finger tips and pulls it off quickly. The hairs come with it, and the surface of the skin is left smooth and uninjured. In case of irritation a little olive oil or cold cream may be applied. But it is rarely necessary.

I give formulas of some of the well-known depilatories. They are, I repeat, best

made by a chemist, and I think it is cheap, or to buy one than to attempt to make it at home.

One of the oldest depilatories manufactured, and which has a very large sale, is made as follows: Sulphide of soda, 100 grains; chalk, 300 grains; make into a thin paste with water, apply to the hairy part, let it remain a few moments and then scrape it off with a pumice stone. The effect of the depilatory is to destroy the hair, which comes off when scraped.

Another good depilatory is made as follows: Sulphide of soda, 100 grains; slaked lime, 80 grains; starch, 20 grains; lime water, 4 fluid drams. Apply as the preceding.

Strontium sulphide has the advantage of being non-poisonous and is free from the fearfully unpleasant odor of sulphurated hydrogen evolved by the others.

The strontium depilatory is made as follows: Strontium sulphide, 2 drams; oxide of zinc, 3 drams; powdered starch, 3 drams. Mix well and keep in a dry state until wanted for use. Then take a sufficient quantity and make a paste with a little warm water, applying it to the surface to be deprived of hair. Allow the paste to remain from one to five minutes, and remove in every case as soon as any irritation is felt. Wash the surface with a little warm water and apply cold cream.

Too long contact of the depilatory with the skin should be avoided, and immediately after the hair has been removed the de-



Answers to Sunday Post-Dispatch Readers on How to Retain or Regain Beauty by Mrs. Ayer.

To Keep the Hair in Curl.

H. E. P.—I repeat with pleasure the formula for curing dandruff: Gum arabic, dissolved to the consistency of a mucilage, ¼ ounce; glycerine, ¼ ounce; carbonate of potash, ¼ ounce; rosewater, 1 pint; violet extract, 2 ounces.

Dissolve the carbonate of potash in the rosewater. Add the glycerine and violet extract. Shake thoroughly and let stand for a week before using. Moistens the hair with this lotion slightly before putting in papers or using the iron.

Concerning Eyebrow Dye.

ANNIE D.—You can have your eyebrows and eyelashes dyed by a process which is quite harmless and results in no injury to the texture of the hair. By all means go to a hairdressing establishment and have the applications made by someone who understands the process. Try this lotion for the pimples: Carbolic acid, 15 drops; borax, 60 grains; glycerine, 4 drams; tannin, 30 grains; alcohol, 1 ounce; rosewater, 2½ ounces.

Mix and dissolve, and apply night and morning.

Lemon juice agrees with some skins and irritates others. It is impossible to predict its exact effects.

Request to Repeat a Formula.

READER.—I repeat the formula for you with pleasure. This lotion is entirely proper to use as advised: Bichloride of mercury, in a coarse powder, 12 grains; extract of witch hazel, 2 ounces; rosewater, 2 ounces.

Agitate until the mercury is dissolved. Mop over the freckles, night and morning. Bichloride of mercury is, as you know, a dangerous poison and, while proper to use as suggested, should be kept out of the way of ignorant persons and children.

For Obstinate Blackheads.

DISCOURAGED.—For two or three weeks, until the skin is thoroughly softened, apply a cold cream. Make the application at night after washing the face well with pure hygienic soap and hot water. Be sure to rinse the soap well out of the face and dry the face thoroughly before applying the cream.

At the end of three weeks of this treatment the blackheads may be forced out by pressure of the thumb. If a moderate pressure will not eject it make no more heroic attempts, but try the green-soap treatment, which rarely, if ever, fails.

Before using this soap bathe the face in warm water, as hot as can be pleasantly borne. Then wring out cloths in hot water and lay over the face, renewing them frequently.

Continue this treatment for 15 or 20 minutes. Rub the soap from the face with hot water, using the camel-hair face-scrubbing brush, so as to remove all the soap and as many blackheads as will come. Dry the face and anoint with the cream. Continue this treatment until the blackheads have disappeared.

White Spots on the Nails.

NO 32.—White spots on the nails are usually caused by an injury to the surface of the nail. If you are in the habit of using a cuticle knife around the nail, or any sharp instrument to press the salvage down, you undoubtedly have bruised the tender nail under the skin, with the result that when it grows up from the base it shows the scar in the way of a little white spot.

There are also constitutional causes for these blemishes, but in most cases the white spot is the result of maltreatment. I give you a remedy for delicate nails: Take equal parts of refined pitch and myrrh or of turpentine and myrrh melted, mix together and spread upon the nails at night. Remove in the morning with a little olive oil.

Liquid for Whitening the Skin.

E. W.—Here is the formula you request. Pure oxide of zinc, 1 ounce; glycerine, 1 dram; rosewater, 4 ounces; essence of rose, 15 drops.

Sift the zinc, dissolving it in just enough of the rosewater to cover it; then add the glycerine, next the remainder of the rosewater.

Shake well and apply with a soft sponge or an antiseptic gauze. The face must be wiped off well before the liquid dries or it will be streaked.

Remedy for Dry Hair.

M. F.—Try this formula: Foline acid, 2 grains; tincture of nuxvomica, ½ grain; tincture of red cinchona, 20 grains; tincture of cantharides, 2 grains; cod liver oil, 150 grains; sweet almond oil, 60 grains. Apply to the roots of the hair with a soft sponge once or twice a day. This lotion is especially good for very dry hair.

To Restore the Color of the Hair.

MRS. A. M.—The preparation for which I give you a formula is the prescription of a

well-known physician. A lady who has used it informs me that it will positively restore the hair to its natural color. It certainly seems to have done so in her case.

I am opposed to mixtures containing lead, but I give this formula, as I have stated, because it bears the indorsement of a physician of eminence, and I know of nothing, excepting a compound of this nature, which will have the effect you desire.

Use ¼ ounce sugar of lead, ¼ ounce lac sulphur, ¼ ounce essence of bergamot, ¼ gill alcohol, 3 ounces glycerine, ½ ounce tincture of cantharides, ½ ounce of ammonia.

Mix all in one pint of soft water.

Apply evenly to the hair with a soft toothbrush.

From Black to Gray.

E. C. F.—There is no harmless way of turning black hair to gray. A preparation which would have this effect would have to be strong enough to ruin the constitution of the hair. The small remnant of hair which remains its original color will gradually succumb. If I were in your place I should not attempt to force the process.

Pigmentary Stain.

A. R.—You can have the pigmentary stain on your face removed by electrolysis.

Yellow Teeth.

ROSE W.—The yellow color of the teeth seems to be constitutional. There are many shades of teeth. Yellow teeth are said to be very strong and to indicate vigorous health.

You can use diluted peroxide of hydrogen, which is entirely harmless and is a good antiseptic mouth wash. It will bleach them somewhat. If the teeth are discolored you should go to a dentist and have them thoroughly cleaned, and then take such care of them that they will not get yellow again.

Wishes to Grow Taller.

S. G.—At 17, I think, there are very good chances for increasing the growth. Physical culture is the means. Join a gymnasium and take the course the director advises, which will consist undoubtedly of exercise for the entire body, with special attention to the development of the arms and legs. It is said leg exercises, if persistently practiced, are sure to increase the growth, where the subject is in fair health and is under 20. Vocal culture with light gymnastics, breathing exercises and massage form the best treatment for developing the bust.

I do not think reading for a short time in bed, if the light is good, proves injurious. Reading in any position when one is fatigued is ill-advised.

For Dandruff in the Hair.

BOBBETT.—Shampoo your hair at least once a week with an egg shampoo, according to the following formula: Yolk of 1 egg, 1 pint of hot rain water, 1 ounce of spirit of rosemary; beat the mixture up thoroughly and use it warm, rubbing it

well into the skin of the head. Rinse thoroughly in several waters. This wash is good for dandruff, where the ordinary shampoo fails.

You should have scalp massage for the general condition of the scalp.

To Acquire Tapering Fingers.

R.—You are mistaken in thinking I have said almost anyone could acquire tapering fingers. The fingers of a little child can be made much more pointed by manipulation, and those of an older person may be improved, but I do not think it possible for a man or a woman with stubby fingers to acquire tapering ones.

There is an apparatus for modeling the finger-tips. It is for sale in the large shops devoted to surgical and cosmetic appliances. I do not think it could be obtained west of New York.

An Astringent Advised.

M. R.—I think you should continue to use the face brush, and you might, in addition, use this astringent lotion, which will help to contract the pores. The skin food to which you refer would do well as an emollient, but where the skin is naturally oily it is better to use an unguent only when absolutely required. The indications for a skin food are a dry, parched skin, not an oily cuticle.

Astringent lotion—Rosewater, 6 ounces; elder-flower, 2 ounces; simple tincture of benzoin, ½ ounce; tannic acid, 19 grains. Mix and use as required.

Hard Water Has Injured Her Skin.

LILLY.—You will ruin your complexion if you continue to use hard water on your face when it has such an irritating effect. Can't you get rain water? And if this is impossible, use bran water, for which I give you recipe, as follows: Take some oatmeal, such as is used for porridge, and boil it in water for half an hour and strain. Use the liquid to wash your face and hands three or four times a day. This water must be prepared often, as it soon sours and sends out an unpleasant odor.

Use cucumber cream. It will be better for you than ordinary skin food. Cucumber cream—Put six ounces of sweet almond oil into the inside receptacle of a custard boiler. Put as much water into the outside boiler as though you were about to make a custard. Set the two (one inside of the other) over the fire. Have ready one good-sized cucumber. Wipe carefully so that it is perfectly clean. Cut it into squares, two or three inches in size. Do not remove the peel. When the almond oil begins to warm put the cucumber in it. Set the custard boiler on the back of the stove and let the water merely simmer for four or five hours. Strain. To six ounces of the strained liquid add one ounce of white wax, one of spermaceti and two ounces of lanoline. Heat until the wax, spermaceti and lanoline have melted; then take off the fire and beat with an egg-beater until cold, adding during the beating process two teaspoonfuls of tinc-

ture of benzoin. This will make a delicious cucumber cream, if properly and carefully prepared.

Skin Turned Brown.

MYRTLE.—If you have been taking arsenic for a long period it is very possible it has caused the deplorable condition of your skin.

I do not think any external remedy will be effective if you are suffering with kidney or liver trouble, in which case the cause should be treated and, of course, a physician should, in the circumstances, prescribe for you.

A camel-hair face-brush will not make the hair grow on the face; quite the contrary. I should certainly advise its use.

CHAMPION TRAVIS TELLS HOW TO PLAY GOLF

Lessons in Driving, Approaching and Putting by the Self-Taught Expert Who Has Recently Won the Highest Honors at the Game.



GOLF lessons from the foremost golfers in America are not to be had every day. The publication, therefore, of Walter J. Travis' summary of his knowledge of the game is an event of supreme importance to the entire athletic world.

On Sept. 21, at the Atlantic City golf links Mr. Travis won for the second time the Amateur National Golf Championship of America, thereby confirming his reputation as a leader in this branch of national sport. His success is the more interesting in that it is a justification of his own theory of golf, since he has never had a teacher.

The volume in which Mr. Travis' version of the game is set forth, and which is called "Practical Golf," is published and copyrighted by Messrs. Harper Bros., through whose courtesy the following extracts are taken from the book.

By WALTER J. TRAVIS, Second-Time Amateur Golf Champion of America.

THE main object in the game of golf is to get the ball into the hole in the fewest possible number of strokes. I do not, therefore, purpose entering into any account of the history of the game, but will simply in a practical way confine myself to an endeavor to assist the player who has passed the rudimentary stage.

It was my misfortune—or was it my good luck?—to take up golf without the assistance of professional coaching or the aid of any good player, and that, too, at a somewhat advanced age, regarded from a golfing standpoint.

Appreciating after a few attempts my comparative helplessness, I first provided myself with all the available literature on the subject, and after digesting as well as possible the manifold instructions laid down by several eminent writers, I then endeavored to discover by constant practice as permitted which particular method best suited me.

Let us now proceed to consider the drive and endeavor to illuminate its most salient features. The position or "stance" taken for making the stroke has more or less influence on the flight of the ball. These positions are usually known as playing off the right leg, standing square, or off the left leg.

Dealing with the former, which is that most usually adopted—probably for the reason that the player can see better the proper direction and feels less liable to send the ball flying off at a tangent—the right foot is placed more or less in advance of the left, parallel with the line of play, and according to the extent to which the right foot is advanced so is the weight of the body transferred.

In standing squarely both feet are on the same line and the weight rests equally on each. Off the left leg means that the right foot is withdrawn, being more or less back of the left, and the weight of the body rests more or less on the left.

I rather favor driving off the left leg, as it appears easier to get the arms and body around in the upward swing without the hitch which one seems to encounter about three-quarters of the way when the right foot is in front.

Apart from this, however, there is very

little difference in actual results of length of drive. The ease and rapidity with which the weight of the body and arms is transferred from the left leg to the right and back again, joined to the wrist action—concerning which reference will later be made—are largely, if not wholly, responsible for long driving.

If one can accomplish this more easily and naturally by a certain position, then by all means stick to it.

It matters little whether he now and then slices or pulls with more or less frequency; these faults are not the outgrowth of any of the styles referred to, but proceed from other causes.

A firm grip well in the palms of the hands is, in my opinion, more conducive to greater power and productive of longer distance than any other.

The relation of the hands to each other is a very important point. If the left hand is held with the knuckles under the right hand must also be gripped well under, otherwise if held with the knuckles not so far around an almost certain slice will be the result.

As a general rule the left hand should grip somewhat more firmly than the right. At the same time the club should be held pretty tightly with both hands. Gripping tightly with the right hand is apt to cause pulling, due either to the tendency to slightly turn the face of the club in at the moment of impact with the ball or to the difficulty of going properly through and bringing the arms around instead of letting them go freely away from the ball.

If a man is constantly pulling, a remedy may be found by holding the club more loosely in the right hand.

If this does not correct the trouble he will probably find that he is gripping wrong—either too far around with the right hand or not far enough with the left, usually the former. If, on the other hand, he is slicing he will almost assuredly effect a cure by gripping tightly with the right hand or by paying closer attention to the harmonious grip of both hands.

Too much stress cannot be laid on the importance of utilizing the wrists properly. The trouble with the large majority of players who do not drive well proceeds from the fear that if the face of the club is allowed to be diverted in the upward swing from the angle at which the ball was addressed a slice will result. Consequently it is carried up straight and the stroke is robbed of a great deal of power.

With the club gripped pretty firmly with both hands in the manner already described it is well to see that the whole machinery is in good working order by waggling the club a few times over the ball, allowing the wrists to turn freely, without, however, relaxing the grip. The waggling should be entirely free from any stiffness, which simply means that the wrists should be brought into active play.

Do not ease up as soon as the ball is struck; by all means keep up steam until the arms are well away on their upward journey. A great deal more depends on the maintenance of speed after the ball is struck than is commonly supposed.

This part of the stroke is known as the follow through and plays a very important part in the length of the drive as well as in the straightness

MANY USES OF THE SUNFLOWER

WASHINGTON, Sept. 17. Special Correspondence of the Sunday Post-Dispatch.

A VERY interesting subject which is beginning to claim general attention concerns that brilliant-hued and beautiful flower which is familiar to us generally as an ornament for our backyards, the cheerful-faced sunflower. It may never have occurred to you, but no doubt many a time your heart has been lightened by a glance at these cheery beauties, for we are told that certain colors have a salutary effect upon the mind, and that yellow, the color of the sunflower, is one of them. But it is not for its esthetic value, nor as a resort for the honey bees, that the sunflower has attracted the attention of the department of agriculture, but for the very many virtues that the plant possesses.

When Columbus came to America he found the sunflower in a high state of development, the Indians making a kind of bread out of its seed, and using the oil from them as a tonic for the hair. The Spanish introduced the plant into Europe and there, especially in Russia, it is valued for its economic importance. The sunflower derives its name from helios, meaning the sun, and another, a flower.

There are 22 different species altogether, three particular varieties being the most valuable for cultivation. In tropical America the flower sometimes has a diameter of two feet and often reaches the height of 29 feet.

When the Spanish landed in Mexico and Peru they found representatives of it decorating the sacred temples, while the farmers of the sun seeds were upon their breasts "the golden fleur" in beaten gold. It was held by them with a regard as sa-

cred as the lotus flower by the Egyptians. Some of the uses of the sunflower may be summed up as follows:

The oil extracted from the seeds is said to be equal in value to olive oil and is largely used in cooking. After the oil is extracted what is left of the seeds makes a nutritious cake for cattle.

The leaves and stalk make excellent fodder, and the latter, among the poorer classes in Russia, is used as fuel.

Potash is obtained from the ashes, 1000 pounds of ashes furnishing 30 pounds of potash.

The leaves are used as cigar wrappers, and to a certain extent as a substitute for tobacco.

The seeds are made into a kind of bread and eaten as an article of diet among the poor of Russia.

A yellow dye is made from the flowers. In China, the fiber, which is of a high quality, is made into silk stuff.

Chickens fatten on the seeds, which are said to have the effect of making them lay. As a nut the seed is both palatable and nutritious, and eaten by the Russians with the same zest that the peanut is in this country.

Least and not least, sunflowers planted in malarial districts are said to be a preventive of fever.

An acre of ground planted in sunflowers, it is claimed, will yield 2000 pounds of fuel and 50 bushels of seed, each bushel producing a gallon of oil. From the ashes of the 2000 pounds of fuel 600 pounds of potash can be had.

Since mint culture, celery culture, violet culture, bulb culture, etc., are in demand, the sunflower is a country engaging the attention of women, sunflower culture might also be made profitable by them.

THE TRAVIS GRIP.

Travis illustrating instructions in driving.